

# CHARTING the life course

## Life Trajectory Worksheet: Family Focus on Employment

Families discussed, what works to support employment?

Believe, Encourage, Be Creative



Being a part of the discovery process – communicate to professionals what a person’s interests and skills are.

Find things in the community to stay busy – volunteer as a family.

Find a mentor.

Learn about disability rights and parent rights.

Advocating at school meetings to focus on employment.

Giving ALL children chores, including those with disabilities.

Reading to children from an early age.

Teaching interview skills.

Asking, “what do you want to be when you grow up?”

Talking about money.

Exposure: bring children to work, go to different places of business and talk about work, etc.

Staying connected – have a social network, talk with people you know about jobs.

### VISION for the Life I WANT

- Employment – a good job that creates meaning and economic self sufficiency
- Independence – doing as many things independently as possible and as desired
- Self-determination – making one’s own decisions
- To have a mentor- someone to look up to who understands each person’s experience.
- To contribute to other family members

### What I DON’T Want

- To be discouraged by professionals
- To give Up Hope
- Boredom
- To not have a social network of friends or employment contacts
- Negativity and low expectations

